

STEP INTO WELLNESS



Diocese of Palm Beach
2020 Healthiest Employers Award Honoree



May Is American Stroke Awareness Month

National Stroke Awareness Month began in May 1989. It was created to promote public awareness and reduce the incidence of stroke in the United States. While many things have changed in the last 32 years for the better around stroke care, no one at the time of its creation could foresee what we have gone through in the last year alone.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

The majority of strokes (87%) occur when blood vessels to the brain become narrowed or clogged with fatty deposits called plaque. This cuts off blood flow to brain cells. A stroke caused by lack of blood reaching part of the brain is called an ischemic stroke. High blood pressure is a leading risk factor for ischemic stroke.

Are all ischemic strokes the same?

There two main types of ischemic stroke.

- Cerebral thrombosis is caused by a blood clot (thrombus) in an artery going to the brain. The clot blocks blood flow to part of the brain. Blood clots usually form in arteries damaged by plaque.

*Cerebral embolism is caused by a wandering clot (embolus) that's formed elsewhere (usually in the heart or neck arteries). Clots are carried in the bloodstream and block a blood vessel in or leading to the brain. A main cause of embolism is an irregular heartbeat called atrial fibrillation.

How are ischemic strokes treated?

Acute treatment is the immediate treatment given by the health care team when a stroke happens. The goal of acute treatment is to keep the amount of brain injury as small as possible.

This is done by quickly restoring blood flow to the part of the brain where the blockage was.

There is a clot-busting drug called alteplase (IV r-tPA) used to treat ischemic stroke. It can reduce disability from stroke by breaking up a blood clot that is stopping the blood flow to the brain.

HOW CAN I LEARN MORE?

Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.

Sign up for Stroke Connection, a free digital magazine for stroke survivors and caregivers, at strokeconnection.org.

Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/supportnetwork.

Stroke – there's treatment if you act FAST.



www.stroke.org

May 2021

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Mental Health Awareness Month

Mental Health Awareness Month has been observed in the United States since 1949. Every May, this national movement brings awareness to mental health and the millions of Americans living with a mental illness; in fact, 1 in 5 adults in the United States experiences a mental health condition.

The events of the last year have also caused many Americans to experience mental health concerns, such as anxiety, for the first time. Since many Americans either experience some type of mental health illness or know someone who does, it is important to be familiar with some of the tools and resources available that can help in these situations.



Stress and Your Teeth

More and more signs of stress are showing up in the dentist's office. During routine dental examinations and cleanings, dentists are able to detect oral symptoms of stress, including orofacial pain, bruxism, temporomandibular disorders (TMD), mouth sores and gum disease.

If you're feeling tense or anxious, you should keep a watchful eye for signs of the following stress-related disorders.

Bruxism

Bruxism is the technical term for grinding teeth and clenching jaws. Although it can be caused by sleep disorders, an abnormal bite or teeth that are missing or crooked, it can also be caused by stress and anxiety. Nervous tension, anger and frustration can cause people to start showing the signs of bruxism without even knowing it.

Because people are often not aware that they grind their teeth, it's important to know the signs and to seek treatment if you suspect you may have bruxism. Some signs of bruxism include:

- Tips of the teeth appear flat
- Tooth enamel is rubbed off, causing extreme sensitivity
- Tongue indentations

Your dentist can examine your teeth to determine whether you may have bruxism and, if so, can suggest the best method of treatment.

Temporomandibular disorders

TMD refers to a group of conditions that affects the jaw joint (temporomandibular joint) and the associated muscles used in moving the jaw and neck. Stress is thought to be a factor in TMD. Stressful situations can aggravate TMD by causing overuse of jaw muscles, specifically clenching or grinding teeth, as with bruxism. But even if you aren't seeing signs of bruxism, such as flat tips of teeth or decreasing tooth enamel, you may still experience other symptoms of TMD, such as jaw joint pain or popping and clicking of the jaw. If you experience any of these, you should check with your dentist to see if TMD may be the cause.

Gum disease

Studies at State University of New York at Buffalo, the University of North Carolina and the University of Michigan found that emotional factors played a significant role in the development of adult gum (periodontal) disease. Researchers also discovered that the severity of gum disease increased with amount of stress (from spouse, children, lack of companionship, finances or work) experienced in a patient's previous 12 months.

In addition, the researchers found that those at greatest risk for gum disease were those who were highly emotional in dealing with financial problems. But there's good news: Patients who dealt with their financial strain in an active and positive manner had no more risk of severe gum disease than those without money problems.

www.deltadentalins.com

May Happenings Calendar

May 1 - 31	Stroke Awareness Month
May 1 - 31	Mental Health Awareness Month
May 1 - 31	Motorcycle Safety Awareness Month
May 1 - 31	Arthritis Awareness Month
May 1 - 31	Healthy Vision Month
May 1 - 31	Blood Pressure Awareness Month

May Is Motorcycle Safety Awareness Month

May is Motorcycle Safety Awareness Month. With warmer weather, it's time to remind everyone to be on the alert and to share the road with motorcyclists.

Riders who have been cooped up all winter are excited to be out on the road again, but that shouldn't stop them from using caution.

Both motorcyclists and motorists need to be aware of their surroundings. Checking blind spots, mirrors and using turn signals are necessary when changing lanes and when passing.

Distracted driving has been on the rise, too. Distractions during driving could mean the difference between seeing a motorcyclist or not when preparing to change lanes. Don't let one text change anyone's life forever!

Riders need to take precautions as well. Take a defensive driving course, wear protective gear and keep your bike in its best working condition. Also, be aware of any road hazards and dangerous weather conditions.

Most of all, enjoy your ride and make it home again!



Motorcycle Safety Awareness Month May

www.nhtsa.gov/safety/motorcycles

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Health and Wellness Benefits!

Telemedicine Benefit Provider



Top 10 Reasons to Use Telemedicine

- Sore Throat**
- Allergies**
- Sinus Infection**
- Headache**
- UTI**
- COVID-19**
- Toothache**
- Upset Stomach**
- Muscle/Joint Pain**
- Rx Refill***

*Prescription costs applicable to your medical plan.

OPEN ENROLLMENT

The online benefit enrollment portal is now open. May 3rd through May 14th.

This easy to use portal will allow you to:

Elect New Coverage—Cancel coverages—Waive Coverages—
Add/Remove Dependents

Visit our Benefit Resource Website to begin your enrollment:
www.emmbenefits.com/diocese



The website will also have the 2021-2022 benefit guide, brochures, and videos to help you become more educated prior to enrolling in your benefits.

Blood Pressure Awareness Month

What are the symptoms of hypertension?

Hypertension is generally a silent condition. Many people won't experience any symptoms. It may take years or even decades for the condition to reach levels severe enough that symptoms become obvious. Even then, these symptoms may be attributed to other issues.

Symptoms of severe hypertension can include:

headaches
shortness of breath
nosebleeds
flushing
dizziness
chest pain
visual changes
blood in the urine

These symptoms require immediate medical attention. They don't occur in everyone with hypertension, but waiting for a symptom of this condition to appear could be fatal.

The best way to know if you have hypertension is to get regular blood pressure readings. Most doctors' offices take a blood pressure reading at every appointment.

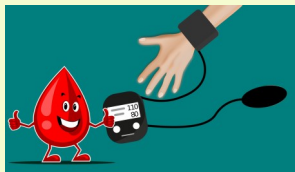
If you only have a yearly physical, talk to your doctor about your risks for hypertension and other readings you may need to help you watch your blood pressure.

For example, if you have a family history of heart disease or have risk factors for developing the condition, your doctor may recommend that you have your blood pressure checked twice a year. This helps you and your doctor stay on top of any possible issues before they become problematic.

Diagnosing high blood pressure

Diagnosing hypertension is as simple as taking a blood pressure reading. Most doctors' offices check blood pressure as part of a routine visit. If you don't receive a blood pressure reading at your next appointment, request one.

If your blood pressure is elevated, your doctor may request you have more readings over the course of a few days or weeks. A hypertension diagnosis is rarely given after just one reading. Your doctor needs to see evidence of a sustained problem. That's because your environment can contribute to increased blood pressure, such as the stress you may feel by being at the doctor's office. Also, blood pressure levels change throughout the day.



Home remedies for high blood pressure

Healthy lifestyle changes can help you control the factors that cause hypertension. Here are some of the most common home remedies.

Developing a healthy diet

A heart-healthy diet is vital for helping to reduce high blood pressure. It's also important for managing hypertension that is under control and reducing the risk of complications. These complications include heart disease, stroke, and heart attack.

A heart-healthy diet emphasizes foods that include:

fruits
vegetables
whole grains
lean proteins like fish
Increasing physical activity

Reaching a healthy weight should include being more physically active. In addition to helping you shed pounds, exercise can help reduce stress, lower blood pressure naturally, and strengthen your cardiovascular system.

Aim to get 150 minutes of moderate physical activity each week. That's about 30 minutes five times per week.

Reaching a healthy weight

If you are overweight or obese, losing weight through a heart-healthy diet and increased physical activity can help lower your blood pressure.

Managing stress

Exercise is a great way to manage stress.

Other activities can also be helpful. These include:

meditation/prayer
deep breathing
massage
muscle relaxation

These are all proven stress-reducing techniques. Getting adequate sleep can also help reduce stress levels.

Adopting a cleaner lifestyle

If you're a smoker, try to quit. The chemicals in tobacco smoke damage the body's tissues and harden blood vessel walls.

If you regularly consume too much alcohol or have an alcohol dependency, seek help to reduce the amount you drink or stop altogether. Alcohol can raise blood pressure.

<https://www.healthline.com>